

# INSIDE NEWSTEAD

## NEIGHBOURHOOD GUIDE

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morning rituals / wellness / dining / wine bars







**Curated by Insider Realty**

At Insider Realty, we spend our days inside the detail.

Walking the streets, meeting the locals, understanding how each pocket of Brisbane grows and evolves. This guide was created to capture what makes Newstead special. Not through listings or numbers, but through atmosphere, daily rituals, and the stories that shape life here. Whether you're considering calling Newstead home, investing in its future, or simply curious about the suburb's pace, Inside Newstead is your window in.

# WELCOME TO NEWSTEAD



Once an industrial pocket on the edge of the river, Newstead has evolved into one of Brisbane's most collected addresses, a neighbourhood that balances heritage grit with architectural grace.

According to the Australian Bureau of Statistics, the suburb's population has more than tripled in just five years, reflecting a remarkable shift from quiet warehouse precinct to one of Brisbane's most in-demand inner-city communities.

That growth has brought with it a new rhythm; a blend of design-aware downsizers, young professionals, and confident investors who value access, culture, and connection. Median household incomes now sit well above the Brisbane average, and the skyline tells the story: sculptural new buildings rising beside preserved woolstores, each reflecting a suburb that keeps refining itself.



# Morning Rituals



Newstead moves early. The day starts in lifts and lobbies, neighbours passing with gym bags, headphones, and coffee plans already made. By 6am, the streets are alive with run clubs and the steady pull of ski ergs and rowers from open-air gyms.

Steam drifts from espresso machines as the morning crowd gathers, familiar faces greeting each other with a wave, a hug, a quick hello before the day begins. It's vibrant, connected, and full of intent, a suburb that finds its rhythm before the rest of the city wakes.

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Mornings start early here. Coffee in hand, sunlight on glass, and the quiet familiarity of a suburb already awake.



### Baker D. Chirico

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Melbourne's iconic bakery finds new form in Newstead. Sculptural loaves line minimalist shelves, the air rich with the scent of butter and grain. It feels more gallery than bakery - a study in craft, precision, and quiet confidence.





### Salt Coffee Roasters

Perched on Doggett St, Salt is a local favourite. Pared back and effortlessly refined. The espresso is clean, the breakfast remarkable, all prepared from a tiny kitchen where the regulars know each other by name.



### Industry Beans

A hub for creatives, remote workers, and those who take their coffee seriously. Industry Beans elevates the everyday coffee ritual. The architecture feels polished yet warm, and the all-day menu matches the suburb's balance of precision and ease.



### Nodo

Bright, clean, and quietly confident. Nodo's renowned 'baked not fried' donuts have become a staple for locals who value food that feels as good as it tastes.



### Evra

Effortlessly bridging day and night, Evra moves from breakfast to dinner with ease. The interior, all texture and light, is curated for unhurried moments, the kind that turn a simple meal into an experience.



### Single O

From Sydney's specialty coffee scene, Single O brings its signature precision to Newstead. Calm, minimalist, and quietly focused. It's coffee for those who care about detail.



### Puck

Set by Waterfront Park, Puck pairs river air with ritual. Morning light, espresso, and a slower pace, the kind of café that makes you stay longer than planned.

In Newstead, the cafés feel like an extension of home. The barista knows your name, the pace feels familiar, and every spot has its own rhythm. A place to pause, connect, and feel part of something quietly local.



## Wellness & Restoration

Wellness is woven into the fabric of life in Newstead. It's early mornings spent training with friends, slow afternoons dedicated to recovery, and evenings that finish with a soak or a sauna before dinner. Across the day, spaces for yoga, recovery and restoration offer quiet balance between moments of movement, an invitation to pause.

The riverwalk brings air and light, a place to recharge between work and home. There's a sense of spaciousness here. An unspoken appreciation for the calm and clarity that come from looking after both body and mind. In Newstead, wellness feels effortless, a quiet rhythm that holds everything together.





## Total Fusion Platinum

The largest luxury health and wellness club in the Southern Hemisphere, TotalFusion Platinum brings together movement, recovery, and community. A world class facility with studios, co-working lounges, and full recovery zones designed to make wellness feel like a way of life.





### TH7

Newstead's benchmark for recovery. TH7 blends cold immersion, contrast therapy, and infrared treatments in a space that feels equal parts scientific and serene.



### Harlow Hot Yoga & Pilates

Purpose-built for rhythm and stillness. Harlow's heated studio brings alignment, strength, and calm together in an environment designed for real focus.



### Power Moves

A boutique studio built around strength, flow and precision. PowerMoves redefines Pilates with a focus on controlled movement, form, and the kind of community that makes consistency feel effortless.



### ZAR Athletica

ZAR merges performance with precision, led by qualified Exercise Physiologists dedicated to helping every client achieve lasting, measurable results



### Facilities Fitness

The heartbeat of outdoor training in Newstead. Energy spills from the open-air rigs, ski ergs, and pull-up bars, carried by the sound of community and intent.



### City Cave Newstead

A sanctuary made for slowing down. Float therapy, saunas, and massage spaces create a calm retreat within the suburb's energy, equal parts physical recovery and mental reset.

Movement comes naturally here. The mornings start with intent, the afternoons make space to restore. Between the river air and the quiet ritual of recovery, wellness isn't something you chase. It's simply part of how the day unfolds.





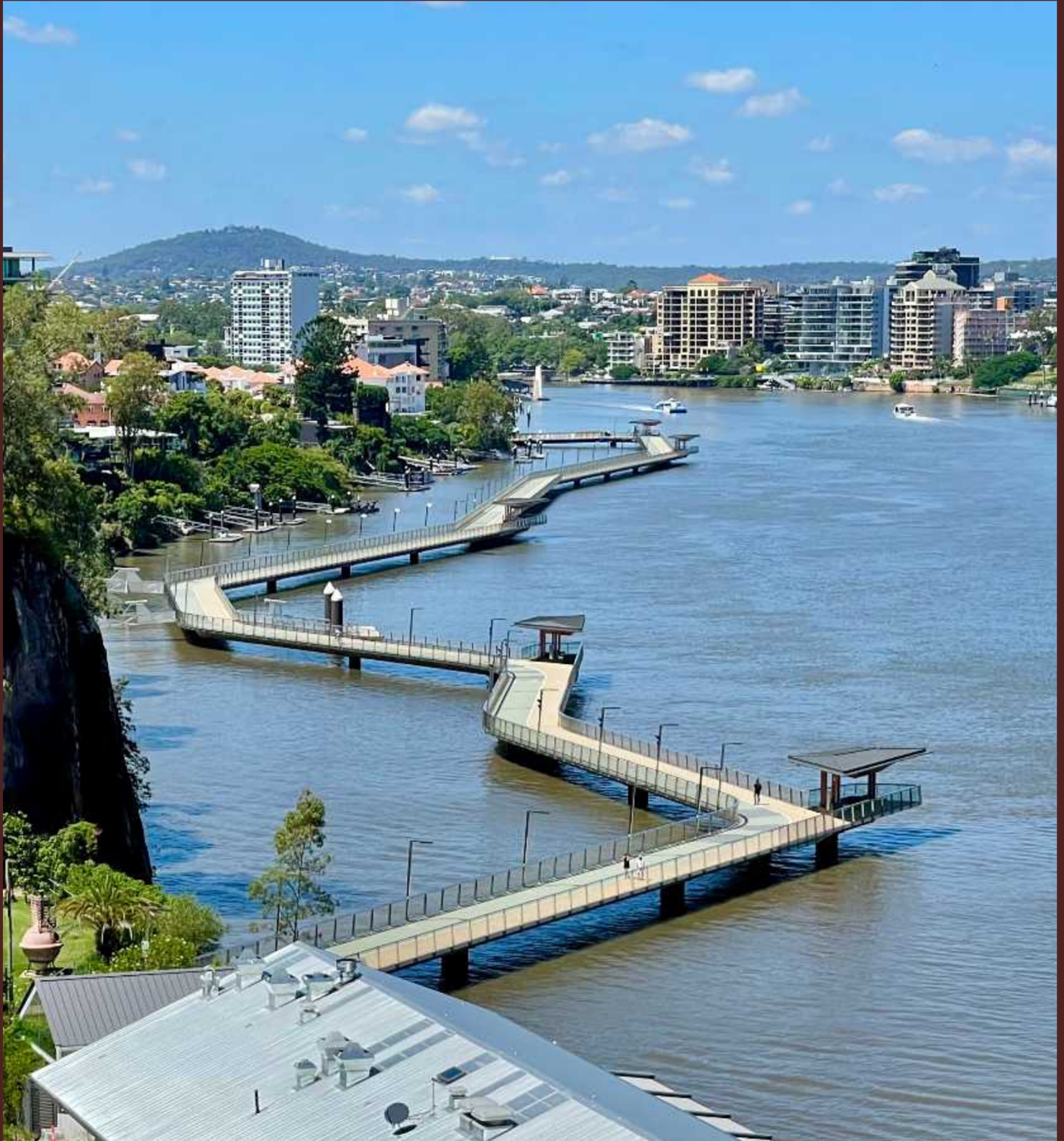
# Riverfront & Green Space

Newstead's green spaces are where the suburb breathes. Mornings start early, run clubs gathering at first light, the steady rhythm of footsteps moving along the boardwalk, and dogs chasing tennis balls across the grass. By evening, the same paths fill again, the pace softening as city lights glow over the river.

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Along the river, space feels generous. The boardwalk stretches wide, the lawns stay open, and every path seems to lead back to water and light.





## The Riverwalk

Connecting Newstead to Teneriffe, Howard Smith Wharves and the CBD, the Riverwalk threads the suburb together. Cyclists glide by, joggers keep pace, and locals pause at the rail to watch the ferries pass. Morning or evening, it's where Newstead's rhythm meets the river.





### Waterfront Park

A focal point of daily life in Newstead with wide lawns, open skies, and river breezes. Where neighbours meet, fitness groups train, and weekends stretch into long, unhurried afternoons.



### Newstead Off-Leash Dog Park

A favourite among locals and their four-legged regulars. Set within Waterfront Park, the off-leash area comes alive morning and afternoon. Relaxed, social, and unmistakably Newstead.



### Newstead House

Brisbane's oldest surviving residence. Opening out towards Breakfast Creek, Newstead House is a reminder of heritage in a neighbourhood constantly looking forward.

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Where the city opens to sky and water. Light moves across the boardwalk, stories unfold under the trees, and Newstead's past and present share the same horizon.



# Gasworks Plaza



It has the feeling of a town square, where the pace softens and connection comes easily. The preserved iron frame overhead gives the space its identity, a landmark that ties together the movement, light and sound of the day.

Here, errands feel less like tasks and more like rituals. A stop at the florist or gift shop, a visit to the specialty wine cellar, dinner at one of the restaurants surrounding the gasometer.

At the heart of Newstead sits a rhythm of its own, a place where daily essentials and small indulgences meet. For locals, Gasworks Plaza is where daily life overlaps with familiar faces on their way through the usual errands and routines.

The open forecourt buzzes with familiar energy from morning to dusk, dogs parked waiting patiently for their owners. Office workers share lunch beneath the gasometer, neighbours pause mid-errand for a quick hello.

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Gasworks Plaza captures that blend of practicality and pleasure that defines Newstead living: familiar, refined, and quietly connected.





## Reef Gasworks

Known for its fresh seafood, sushi, and oysters served with easygoing Brisbane charm. Whether it's a quick lunch, a takeaway dinner, or a glass of wine under the gasometer, it captures the laid-back rhythm of coastal dining right in the heart of Newstead.





### The Standard Market

An elevated take on the everyday. The Standard Market Co. brings together fresh produce, artisan goods, and specialty deli selections. Grocery shopping done beautifully.



### Woolworths Gasworks

Familiar, but elevated. The Woolworths at Gasworks takes everyday shopping and makes it feel considered. Beautifully presented produce, curated aisles, and a level of quality that reflects the suburb it serves.



### The Wine Emporium

A destination for wine lovers. Thoughtfully curated and elegantly presented, it's the kind of cellar you wander through slowly, learning something each time.



### Ollie & Lloyd

Newstead's go-to for elevated gifting. A boutique filled with homewares, books, candles, and design pieces chosen with care. Every shelf feels intentional, every item tells a story. Curated, thoughtful, and beautifully tactile.



### Maison Fleur

Maison Fleur brings old-world elegance to Newstead with floral design that feels both artful and intimate. Seasonal arrangements, gathered with an eye for tone and texture, fill the space with colour and calm.



### Newstead Organics

The neighbourhood's trusted source for organic produce, pantry staples, and natural wellness essentials. The shelves are lined with premium supplements, natural skincare, and thoughtfully sourced health products.

Everyday life feels considered here. From fresh produce to fine wine and dinner beneath the gasometer, Gasworks blends the essentials with small indulgences, creating a place where the daily feels distinctly elevated.





# After Dark

As the sun dips, Newstead doesn't slow, it shifts. By Thursday the energy changes. Days built on routine give way to evenings that feel open, social, and full of possibility.

The wine bars are intimate and architectural, tucked between apartment buildings, spilling softly onto the street. Conversations move easily across small tables, glassware catches the last of the light, and the hum of the evening flows naturally from one corner to the next.

Sunset drinks flow seamlessly into dinner, and from there the night can go either way; a glass at a familiar bar, a walk home through Gasworks, or a short stroll towards James St and Fortitude Valley as the pace begins to rise. The streets are alive with conversation and atmosphere, the kind of energy that reminds you why people love living here.

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## Ruby, My Dear

A Newstead hideaway. Part izakaya, part vinyl bar. Inspired by the intimate spirit of Japanese jazz cafés, Ruby, My Dear moves effortlessly from long, leisurely lunches to late-night grooves, where records spin, cocktails flow, and the mood is always just right.





## Working Title Brew Co.

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Born from instinct and a bit of experimentation, Working Title is where craft meets curiosity. Each small-batch brew carries a story, the kind that starts with a good idea, a better conversation, and a willingness to try something new.





### Wild Legs Wine Room

Intimate and quietly stylish, Wild Legs is quintessentially Newstead. Wine barrels spill onto the footpath, the mood is easy, and the curated list of wines and small plates keeps conversation flowing well into the evening.



### Niky

From the team behind Salt, Niky is an architectural little gem on Doggett Street. A local wine bar with natural drops, small plates, and a loyal crowd that knows where to sit.



### Bar Monte

Italian spirit in compact form. Bar Monte's wine list and small plates invite lingering. Understated, familiar, and beautifully executed.



### Stratton Bar & Kitchen

Set within two restored WWII hangars on Stratton Street, Stratton blends industrial edge with a vibrant social energy. It's fun, loud, and full of life. Anchored by a plant-filled atrium, it's made for groups, long nights, and that unmistakable Newstead buzz that carries well past dinner.



### Mrs Browns Bar & Kitchen

Newstead's go-to for groups, celebrations, and easy weeknight dinners. The open-plan venue framed by cascading greenery catches the afternoon light and the rhythm of the neighbourhood outside. A place where familiar faces pass and the atmosphere feels like an extension of home.



### E'cco Bistro

Multi-award-winning and hatted, E'cco is a cornerstone of Brisbane's dining scene. Timeless yet contemporary, it brings modern Australian cuisine to Newstead with refined simplicity. Elegant dishes, warm service, and a calm sense of occasion.

As night falls, Newstead finds its second rhythm. Wine bars glow between apartment façades, dinners linger over shared plates, and the street hums with conversation. It's where connection meets indulgence, and every evening feels well spent.





# James Street

Just down the road, James Street brings a different kind of refinement. It's curated, elevated, sophisticated. Sunlight softens on white façades, palms cut neatly against the skyline, and every window dressed like an editorial spread.

At its centre, The Calile stands as a landmark of Brisbane's design identity. Surrounding it, a collection of award-winning restaurants and bars create a rhythm all their own. James St Market anchors the day-to-day, where fresh produce, floristry and well-made coffee keep pace with the precinct's energy.

By afternoon, the tempo shifts. Long lunches stretch into early evenings, champagne glasses catch the last of the light, and the street moves effortlessly from shopping to scene. It's confident, composed, and entirely self-aware, Brisbane's most recognisable blend of design, indulgence and allure.

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James Street is where Brisbane dresses up. Sunlight, linen, and a glass of wine mid-afternoon that flows into an evening of conversation and connection. Where precision meets ease, a precinct defined by architecture, appetite and atmosphere.





## The Calile

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James Street's architectural landmark. Home to Hellenika and KAILO Wellness Medispa, The Calile captures Brisbane's signature blend of sophistication, ease, and light. Instantly recognisable and effortlessly iconic.



**Biànca**

Effervescent, warm, and unmistakably Italian. Biànca captures the spirit of a classic trattoria with the refinement of James Street. House-made pasta, fresh bread and a dining room that glows with colour and conversation. It's lively, generous, and made for sharing.

**SK Steak & Oyster**

SK is where the rhythm of James Street meets the elegance of a New York steakhouse. Marble, linen, and the scent of grilled prime cuts. Just-shucked oysters, caviar, and martinis set the tone for evenings that feel both decadent and effortless.

**sAme sAme + LOS**

Bold, layered, and full of fire. sAme sAme brings contemporary Thai to life with the best local produce and searing hot woks. Upstairs, LOS offers a moody retreat above the street, cocktails inspired by Southeast Asia and a hum that lingers long after dinner.

**Cru Bar**

Airy, elegant, and perfectly attuned to Brisbane's climate. Cru pairs fine Australian produce with an extensive cellar and an open-plan space bathed in natural light. Whether for a long lunch or a late dinner, it's dining that feels effortless.

**Penelope**

Penelope moves between eras with ease. A bistro by day, a supper club by night. When the lights soften, the playlist deepens, and the menu turns to room-service indulgence. Midnight martinis, warm bread, and an unmistakable air of nostalgia.

**Gelato Messina**

Iconic, inventive, and a little nostalgic. Messina turns gelato into art with unexpected flavours, house-made inclusions, and a spirit of pure play. A sweet full stop to a James Street afternoon.

From award-winning restaurants to fashion houses and design studios, James Street brings together Brisbane's most considered collection of places to eat, shop and linger.





### A Neighbourhood with Rhythm

Newstead has a way of drawing you in. Locals call it The Bubble, and it's easy to see why. Everything you need sits close at hand, from morning training sessions and easy café rituals to wine bars that come alive as the sun sets. Life happens within walking distance here; it's connected, considered, and quietly complete.

During the week, the rhythm feels effortless. Full, but never frantic. The days move with purpose, the evenings with ease. It's a suburb that holds its own, shaped by design, balance, and the kind of confidence that only comes from knowing it has everything it needs.

For those who know Brisbane, Newstead isn't just a place to live, t's a way of life.





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